



bit naughty

the little book of
BLOW
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Lainie Speiser

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Amorata Press 

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Chapter 1

Preparation



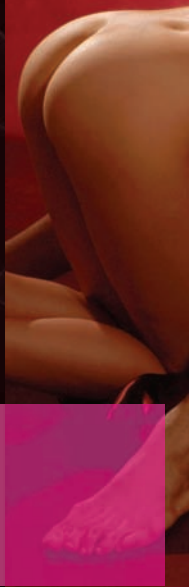


No Such Thing as a Bad Blow Job

When you're giving a man oral sex, it's hard for things to go terribly wrong. Especially if you remember one thing—passion counts a whole lot more than clinical precision. Every man is pretty much happy to have his lover wrap her lips around his penis any time, any place, for any reason.

There's an old joke guys like to say that sums it up well: "I got this really bad blow job last night. It was fantastic." So instead saying you don't know what you're doing, or you're going to do a bad job, remember: All blow jobs are good blow jobs if they are done with enthusiasm and sensuality.

The ultimate position for comfort, his body is totally relaxed on the bed with his feet firmly on the ground while you rest your knees on a floor pillow with your arms on the bed. You are also free to easily adjust your position and change the motion.









But that's no reason to neglect your abilities in this wonderful part of any couple's sex life. There are many helpful tips you can learn and pleasure-giving techniques you can master that will transform every blow job into a work of art and bring tears of joy to your lover's eyes whenever he thinks back on how great you were.

Practice Makes Perfect

To improve your skills, you need to practice, which means you'll need something to practice on. If you are lucky, you have an understanding partner who will be happy to have you practice on him without being judgmental of your initial efforts and without becoming too selfish with his desires in the heat of passion. Simply put, nothing beats practicing on an actual



Having him sit over the top of you, straddling your face, can make you feel physically locked and a bit submissive, so grab him firmly with both arms and take control of his movements.

penis. Doing so allows you to learn the ins and outs of the anatomy and how it responds to your actions. So ask your partner for some penis practice time. Chances are he will be more than thrilled to help you out.

However, if you are the perfectionist or shy type who doesn't want to enter the kingdom of penis without skills already mastered, there are certainly other options for you. As you've probably learned from endless teen exploitation movies, there are plenty of around-the-house substitutes to practice on—like bananas, carrots, or cucumbers. While these produce replacements are easily available, they are far from an ideal substitute and can even present a choking danger if a piece breaks off. So only use them with caution and never deep throat a banana!

The far better penis replacement for your practice time is a dildo—particularly the jelly or fleshy kind that feels very realistic. If you don't

own a dildo already, there's no excuse for not buying one. Dildos come in all shapes and sizes, they're not expensive, and there is no embarrassment factor when ordering since you can buy one from a reputable online store or mail order catalog that is dedicated exclusively to female consumers. It's as easy as ordering a pair of sexy shoes and arrives discretely in the mail.

Get Comfortable

Even if you have mastered the skills, things can still go wrong during the big event. Your comfort is the key to making sure the show is a big hit. He might have a fantasy about receiving a blow job in the kitchen when it's his turn to do the dishes. But if you can't last more than two minutes with your knees on the hard linoleum, it's a formula for disaster. To give a good blow job, you need to be able to keep going and going, so make sure your physical comfort comes before his fantasy position. He will thank you in the end. Plus, if you are

comfortable, you can relax and enjoy it just as much as he is.

Some people find it easiest to do everything on a comfy bed, and that's fine. But even if you begin in a good position, you're likely to cut the job short if you start to cramp up or get tired from using the same muscles over and over. That's why it's best to change positions frequently. If your man prefers not to relax and let you do all the work, you can still reduce any repetitive muscle fatigue by adjusting your position from below to above and from one side to the other; or by asking him to alternate between sitting up and laying back.

It's even easier to give yourself a break if your man likes to do some thrusting during his blow jobs. Just let him do the work for a while. But remember that your comfort is still the most important thing, so even if he is doing the thrusting, put your hands on his waist and control the motion.



Chapter 2

Starting Off





Show Him You Want It

Unzipping your man's pants can be a sexually empowering moment—for you. The instant he realizes you are going to give him a blow job, he will be completely at your mercy. Don't be surprised if the unzipping motion alone gives him a rock-hard erection. However, it is your desire instead of his that counts tremendously at this moment. If you only go down on your man when he requests it, he will never fully enjoy your efforts because he will always doubt your passion for his pleasure.

Oral sex is not just about taking his penis into your mouth, getting it wet, and putting it in as deep as you can. Gosh, no. You need to approach his penis with lustful intentions and

When you're in bed together, jump on top of him and take matters into your own hands. By taking the initiative, you will let him know how much you enjoy it.





show him that it is your favorite sex toy—even more so than that vibrator you have in your bedside drawer. When you first take his penis out of his pants, show him right away how much you love it by using your face, tongue, lips, eyes, breasts, voice—everything you've got. Demonstrating your passion at the start will make everything that follows that much better.

Surprise Him

To give the special gift of oral sex without asking for anything back means you are a wonderful, sexual, generous woman who deserves the best of lovers. And if he's as great as you are, chances are he will return the favor in kind. So why not surprise him with some oral pleasure when he least expects it, but will appreciate it the most.

Alarm Clock Head. Waking your partner up with his penis in your mouth is giving him the

greatest start to his day. It's a better eye opener than a double espresso. It's a better mood lifter than a sunny forecast. Taking him while he's half asleep and vulnerable and waking him up with tingly, toe-curling pleasure, is just plain fun and guaranteed to make him think about you all day.

Coffee Break Head. No one likes to be disturbed when absorbed in their work but when you know your man is hitting the frustration wall, a blow job will clear his head, give you a moment of intimacy without wearing each other out, and allow him to get back to work a happy and rejuvenated man.

Road Trip Head. Everyone loves a vacation getaway, but boring, endless highway—like the trip from Los Angeles to Las Vegas—can be as dull as it gets. Luckily, the more boring the road, the more opportunities for secluded turn-off spots, especially at night, when no one will notice a car with its lights off.



A vertical strip on the left side of the page shows a person's legs and feet resting on a red, possibly silk, surface. The person is wearing dark-colored underwear. The background of the entire page is a dark, textured red with faint, swirling patterns.

Prime Time Head. You know when you and your lover get a little too comfortable and fall into the nightly routine of slouching on a couch watching TV? Break it up by asking him, while keeping your eyes glued to the set, “So how about a blow job?” You will never see anyone wiggle out of his pants so fast.

Happy Hour Head. When you know your man has had a really lousy day, sit him in a comfortable chair, hand him his favorite cocktail (in a real tumbler), turn on his music, and give his shoulders a one-minute massage. Just as he starts to relax, walk around to face him and kneel down between his legs. This blow job is all about sheer luxury so go slowly and take all the time he wants.

69s are amazing, but the person on top does all the work. So a side-to-side 69 is a very comfortable alternative and a good way to make sure the pleasure and passion keeps going and going.

All-Day Sucker

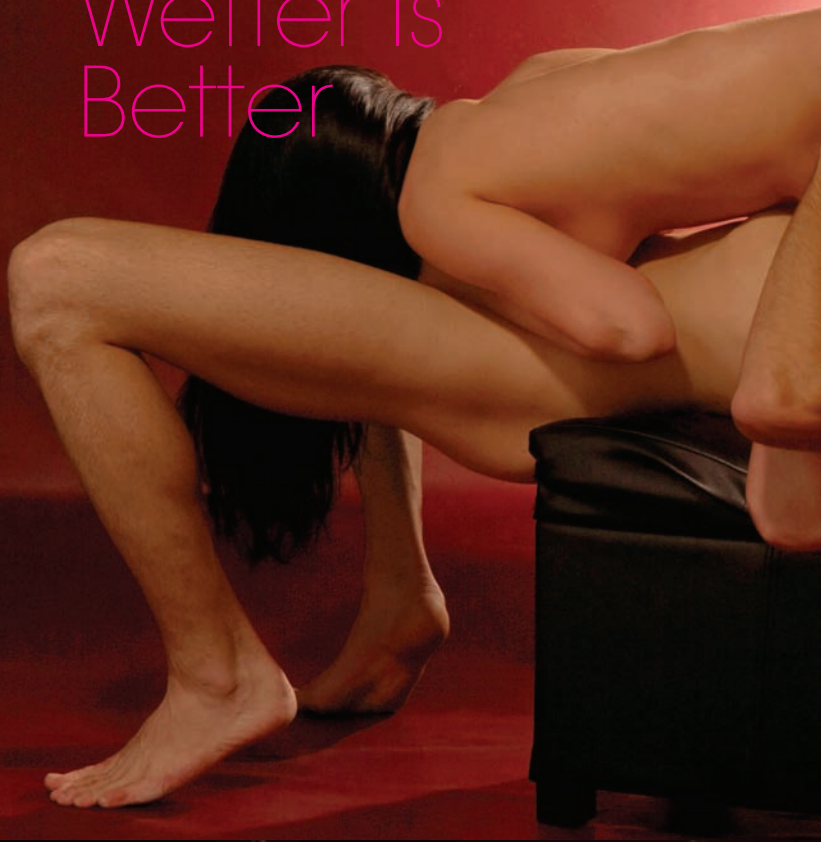
Now that you have his penis in your mouth, you need to do something with it, right? Surprisingly, that's the easiest part of all. If you know how to enjoy a lollipop then you have the basic skills for giving a good blow job. To get the delicious flavor out of a piece of hard candy and onto your taste buds, you need to lick it, slide it along your lips, twirl your tongue around, press it up into your cheek and basically rub it anywhere and everywhere inside your mouth that is soft and wet—while keeping it away from your hard teeth. The more hot, wet pressure you can apply to the candy, the faster it rewards you with flavor. The more hot, wet pressure you can apply to his penis, the more you are rewarding him with pleasure. It's as simple as that.

However, that's just the beginning. If all you do is treat him like an all-day sucker, you will not be giving him the mind-blowing oral pleasure of his dreams. You need to maximize each

element of the oral sex experience and then be able to bring them all together into a great blow job. Most importantly, you need to be able to go all day. If you don't know the tricks that let you pace yourself while keeping the passion at a high level, you will get tired or bored or, even worse, quit at the half-way point.

Chapter 3

Wetter Is Better





The Ultimate Lubricant

In just about every situation, pleasing a man's penis comes down to a combination of rhythmic friction and a warm, slippery liquid. Saliva just happens to be one of the best lubricants in the world, which helps explain why receiving oral sex is incredibly pleasurable for both men and women. Therefore, the first key to a great blow job is how much or little saliva you have in your mouth. For most men, wetter is better. Having your mouth filled with hot saliva raises his enjoyment of the sucking and licking from great to awesome.

Be aware that there are some men who prefer nonlubricated sex (sometimes called dry jerks because they don't use lube when masturbating). If your man is one of these, it is easy to give him what he prefers. Whenever you build up some saliva, simply take his penis out of your mouth and wipe the saliva off it with a few strokes of your hand while swallowing the saliva in your mouth. Then, without missing a

beat, put him back into your mouth and dry off your hands on the bed sheet.

Somewhere along the way, men consciously or unconsciously realize that lots of saliva is vital to a great blow job. And thanks or no thanks to porn, they might find it exciting for you to do things with your saliva that you probably never considered or saw the point of, like spitting or drooling on his penis. There's nothing wrong with doing these extras saliva tricks, but always remember that the important thing is to make sure you have plenty of hot saliva inside your mouth.

You have probably spent your whole life swallowing your saliva in a lady-like fashion instead of letting it pool in your mouth and then spitting it out. But if you want to be a blow job expert, you will need to practice turning off your swallow reflex and learn how to let saliva collect in your mouth. Luckily, your coworkers can't tell how much saliva you are letting pool inside your mouth as you practice at your desk.



Wet Tricks

Even when you're totally into it and wanting to keep things really wet, there will be times when you'll find that your mouth is drying out. Have a glass of water at the ready. You can stop sucking for the few seconds it takes to have a gulp or two of water (while you keep stroking his penis with your other hand, of course). This will kick start your production of saliva while it also cools and freshens the lips and tongue, giving the blow job a nice, new sensation for him.

The expert trick for keeping your mouth not only moist but completely overflowing with saliva involves the big bad concern of blow jobs—gagging. You probably think that gagging is a terrible thing and you never want to do it during oral sex. That's not entirely correct. Later in the Deep Throat section of this book, you will learn about the gag reflex in more detail. But in terms of giving a good wet blow job, know that triggering your gag reflect also triggers excessive saliva production. If you

learn how to push his penis just far enough into your mouth to cause a slight gag reflex, you will have discovered the secret art of turning on your natural saliva production. So, gagging is actually a really good thing and it's easy to master this skill in your practice sessions.

Once mastered, you shouldn't just use this mouth-watering trick when you feel things getting dry. Make it an integral part of your overall technique. Every so often as you are doing your licking and sucking moves, push his penis in the extra little bit needed to trigger a mild gag reflex so that you keep your saliva production in overdrive. And don't worry about making a little gagging noise every so often. Most men love to hear it. It makes them feel huge and powerful, and it makes you look like you're one busy, little worker—which can make a man even more excited. You can even use your gagging as an excuse to tell him how big he is. And that's a sound all men love to hear.



Chapter 4

Hot Friction







Lending Yourself a Hand

Once your saliva is providing plenty of warm slippery lubricant, you still need the other part of the penis pleasing equation—rhythmic friction. The first and foremost way to do so is with your licking and sucking moves; but as you do these moves over and over during a long, wet blow job, they will lose some friction and reduce the sensation.

Which brings up another big, bad blow job word—hands. The myth says that a woman is cheating if she is using her hands during a blow job, but nothing could be farther from the truth. Using your hands during a long haul blow job is not only a good idea to help pace yourself, it is a great way to increase his pleasure.

To make sure you have the opportunity to reach in and use your hands, keep him out of a sitting position. If he keeps on his knees, then his legs stay down and out of the way.

The first way to increase the friction using your hands is in combination with your sucking movements. You can wrap your hands around the bottom of his penis the way you'd hold the neck on a bottle of beer. Without squeezing or holding too hard, slide your mouth down until your lips reach your fingers and then move your hands and mouth up and down in perfectly synchronized motion. When the hands move up, your head moves up, when the hands move down your head moves down. Remember to use your tongue and lips while sucking and licking him. It will look even sexier to him if you don't just move your head and forearms, but instead get your whole body into the up-and-down motion.

A great position to maximize your hand and mouth access while allowing you to stay perfectly comfortable is you sitting while he stands in front of you with one leg raised.



Hand and Mouth

The second way to increase the friction using your hands is to stop sucking him for a few seconds and focus entirely on stroking his penis. By alternating the sensation between sucking and stroking, you can increase the pleasure he gains from both. The firmer, cooler stroking will wake up his penis so that the softer, wetter sucking movements feel that much more intense. You will see that each time you put him back in your mouth, his excitement will be even greater than the time before. Because every guy is different, you'll need to find the right mix of sucking and stroking for your guy. Some men will like half sucking and half stroking while others will prefer almost all sucking with just an occasional stroke.

Of course, the other benefit of using your hands during a good, long blow job is to give your mouth muscles a much-needed break. And there is nothing wrong with that. If your goal is to give him a super blow job, then you need

to make sure you can finish with style. Pacing yourself is vital. However, when taking a mouth break, you should never stop completely or it will totally deflate the erotic intensity. The key is to transition smoothly from mouth to hand. Keep the passion going by doing other things while stroking him: talk dirty to him or use your second hand to pleasure yourself or a second body part on him.

Chapter 5

Going Further





Balls

No really amazing blow job would be complete without paying some hand and tongue attention to the balls. As everyone knows, a man's testicles can be the greatest source of pain; but not as well understood is the fact that they also can be the greatest source of pleasure. Although some men don't enjoy the attention to them, a lot of men don't think any kind of oral sex is really complete without some testes attention. However, if you have not handled them before you will quickly learn that you must be very careful with a man's sac.

There are all kinds of men, who like all kinds of things. Some may want a little rough stuff; but as a rule, do not ever do anything rough unless

Looking at your man fully excited can be extremely arousing for both of you, so take the opportunity to check him out when you are pleasuring his other hot spots and he is dangling free.





A photograph of a person's legs and buttocks, positioned in a way that suggests intimacy or sexual activity. The background is a solid red color. The person's skin is light-toned, and they are wearing a red garment or sheet. The lighting is soft, highlighting the contours of the body.

he actually tells you to. Some guys even like a little teeth nibbling on them, and that's great, but certainly not the norm, and it's not to be done unless you are told to and walked exactly through it by your lover. This doesn't mean you shouldn't go ahead and touch them, play with them, and hold them. Men love their balls to be fondled, whether they are in a state of arousal or entering a state of arousal. So when you see the penis is erect or getting there take a reach and a feel—just don't squeeze, yank, or grab.

Rimming

Don't be shocked or grossed out if your man asks you to lick or finger his ass. It doesn't mean anything other than it feels really awesome. For some men, ass stimulation

Push his hips high over your face and you are in the perfect position for "Tea Bagging." Despite its unfortunate name, there is nothing wrong with putting his balls into your mouth if he likes how it feels.

adds incredibly to their oral sex experience. It doesn't mean he is gay or bisexual, and the truth is the male or female rectum can be as sensitive as a woman's clitoris. Plus, your man has a prostate gland, and when stimulated just right by putting your finger in his ass, it can launch him like a rocket.

Keep in mind that this isn't for everyone. Don't instigate it unless you are asked to do it, and only do this with someone you have developed strong trust. It's a man's ass, and that can be threatening to some guys. Given all that, if he asks for some attention, give his asshole a few licks, no different than the way you'd lick anything else (remember to keep stroking his penis at the same time). Once you have made it

If your man likes a little rimming, the best position is a man-on-bottom version of missionary with his knees raised to the chest and feet in the air. Some men feel too exposed in this position but if he is comfortable with it, you gain unequalled access.



wet enough around the opening, very slowly—that is very slowly—put your finger in the hole. Move slowly in and out without taking your finger out completely. You can do this while you have his penis in your mouth, and the results will be incredibly intense.

Perineum

Being licked all over one's privates is a sensual treat to say the least. Skin is sensitive in the least thought-of places. While you are down there licking your man's balls, why not really show your sexuality and lick the crease on the sides of his groin that connect the thighs. Licking slowly up and down there can be the sweetest tease and prelude to your blow job, or a great activity while taking a break from sucking (just remember that it's always best to keep stroking his penis while giving him a tongue bath).

In this area, you will also find a pleasure-giving spot under a man's sac that many men love

to have stimulated. Its proper name is the perineum but it is also widely known as the taint because it is located directly between the balls and the asshole (as in it ain't his penis and it ain't his asshole). You can think of the perineum as a sort of continuation of the base of the penis under and behind a man's balls. Massaging the perineum with the tip of a couple of fingers basically extends the pleasure his penis is experiencing to beyond the base of the shaft, with obviously happy results.

Chapter 6

Tricks





Minty Mouth

Pop a strong mint in your mouth a minute before going down on your man, and keep it in while you are sucking. The mint will not only make your tongue tingle, it makes his penis tingle in a way he has never, ever felt before. Some guys may want you to continue this for a while, but others definitely may find it a bit too intense and soon ask you to stop.

Break Out the Ice

Ice cubes usually find their way into sexual activity, especially in the summer months when you want to cool down and heat up at the same time. Pop an ice cube in your mouth, keep it in, then put his penis in your mouth. The ice will give him a cool, refreshing sensation, but without being overbearing. You just keep sucking that ice cube while sucking his penis. Don't worry, there's room for both in your mouth, especially if you don't pick a big chunky square kind of ice cube.

Gummy Lips

You can give your man a strange gumming sensation if you moisten your lips and curl them inside your mouth so your lips totally disappear as they completely cover your top and bottom row of teeth. Then take his penis in your mouth and go up and down vigorously, because now you don't have teeth to get in the way anymore! It's okay that you likely will not be able to keep it up for long periods of time.

The Titty Suck

If you have large breasts that drive you partner wild, make them part of your oral technique. Most men don't accidentally date large-breasted women. If you're stacked and he is dating you, chances are he's a boob guy, and this is probably one of his bigger fantasies.

The titty suck is best done with him sitting on a couch or chair. You get on your knees in





front of him (remember to kneel on pillows if you have a hardwood floor or want to avoid carpet burn). Start sucking regularly at first. He will probably be playing with your breasts at this point, or enjoying your nipples grazing his thighs as you are doing it. Stop, push your tits together and hold them up with your hands. Men love it when you grab and hold up your own tits. Bounce them up and down a bit with your hands, almost like they are too big and heavy to hold.

Then take his penis that's already hard and a little wet from your mouth, put in snugly between your breasts like a hot dog in a big, fluffy bun, lower your head and suck on his

Sometimes the best trick of all is simply a new position. Even if you suck and lick the way you normally do, being intertwined like never before can make the whole experience fresh and exciting.

tip up and down while you move your tits up and down on his shaft. It sounds harder than it is. You can even do this with a man who isn't well-endowed, or even if you aren't that endowed either. It's more about the shape of your breasts than anything else. If you can clap them together, you're golden.

Ways to Show You Love It

There are many ways you can let your guy know you really enjoy giving him a blow job. Try some of the following tips:

Make eye contact with him. Whether he's on a bed or a chair, or standing in the shower, make eye contact when you're way down here and

The handstand blow job is not for everyone, but if he is strong enough to stay up, it's very playful and can be a lot of fun. Make sure his feet and body are resting against the wall and definitely keep a firm hand on him in case he needs support.





he's way up there. Men love that, it makes it extra sexy and he will get extra hard. Make eye contact with his penis too. Give it a good look, a sexy look. Check him out like a new toy you've been dying to get your hands on, or like an ice cream cone flavor you've been hungry to try.

Lick him everywhere. Don't just lick and suck his penis and leave his balls unattended. Lick and play with them for a bit, and then go back to his penis. This is giving him sensory overload, but also teasing the heck out of him, where he will probably be begging you to put his penis back in your mouth. Or he may put it back himself ... if you tolerate such behavior.

Another wonderfully original position if you have a strong and capable partner, the mid-air 69 allows you to experience the weightless version of oral sex as he keeps you floating while you are both licking and sucking.

Use your lips. They are just as important as your tongue and mouth. Your lips are like your hands gripping the penis in a hand job. Let them be felt. Tap his penis against your lips ever so lightly. Actually rub your lips up and down the shaft. Also you can kiss it. Just give it a kiss on its head repeatedly, then perhaps work to an open-mouthed kiss, twirling your tongue around and around. Make out with his penis, and it will drive him crazy.

Include your tits. You can actually use your mouth and breasts at the same time if you are a B cup or over. All you have to do is stick his hard penis between your nipples and as you rub up and down, keep your mouth on the head of it. That feels extra good and it looks really sexy, especially if you are with a breast man.

Talk to the penis (and him). Suck and lick for a bit and then stop, take a breather and keep

rubbing him up and down, using your saliva as a kind of lubrication and tell him how much you love to have his penis in your mouth. Ask him if he likes what you're doing. Tell him what you're going to do next. Tell his penis how you're going to make him erupt and come harder than he ever has. Don't be surprised if then, he just does.

Chapter 7

Dual Pleasure





Getting Your Own

There is absolutely no reason why you can't enjoy some sexual pleasure, or even achieve a climax, while giving oral sex to your man. Perhaps you are reluctant to go the extra mile and blow him to completion because you are worried about what happens next. Will he just go to sleep while you are stuck holding your own desires? Such as it is with men. Once they have reached that extreme elevated state of orgasm, they often are not much help afterward. But thankfully there are ways to get around this concern.

Men have long arms, far longer than yours, so why not use that to your advantage? When he is lying down, instead of blowing him head on, facing the penis, do it from the side or from the top down. This way he can easily reach over and massage your clitoris, breasts, buttocks, or other body parts. Even better, you can have at least one free hand available for pleasuring yourself while blowing him. There is no reason







A close-up photograph of a person's lower body and pelvic area. They are lying on their back, and a small, pink, bullet-style vibrator is positioned on their clitoris. The background is a warm, textured brown.

you shouldn't directly massage your clitoris or hold your vibrator on it so you can have your own orgasm, or two or three, during his long oral session.

69

The most popular way to achieve two-partner pleasure during a blow-job session is by doing simultaneous oral sex—aka 69. The easiest way to do 69 is for him to stretch out on his back while you lay on top of him with your head between his legs and your knees comfortably resting on either side of his neck. Do not feel self-conscious about suffocating your lover, as you are not putting your weight on his face.

There is no more or less pleasurable way to do 69. You need to try each option and see what works best for you. However, getting on top allows you much more control over the action and much better access for your hands.

From this position, he can easily bring you to a heightened state of arousal by licking your clit and fingering you. Use that energy in your blow job, matching him lick for lick and touch for touch. It can be a lot like synchronized swimming and it's easy to make a fun game out of it. Let him enjoy your body at that vantage point. Let him grab and play with your rear; he may even tongue your rectum or put a finger there. Spend as long as it takes for you to get off, and who knows, this could be the time when you can actually come together. If that's ever happened to you before, you know how earth-shattering that can feel.





Chapter 8

Going Deeper





Every Man's Fantasy

Every man with a pulse has the desire to experience a deep throat blow job. The fantasy behind this phenomenon began with the legendary 1970s porno *Deep Throat* and continues today with seemingly every porno starlet showing off her deep throat skills on screen. And while your lover probably doesn't expect you to be a sword swallower, he will really love the infantile magic trip of his penis completely disappearing into your mouth. He'll move your hair out of the way so he can get a really good look at your very own "abracadabra" and it will delight him to no end.

The first thing you need to understand about going deeper is that his pleasure derives as much from the visual excitement as the physical sensation. As he watches more and more of his penis disappear into your mouth, his other sex organ, the brain, will get more and more stimulated. The actual physical pleasure from the penis entering the throat is not particularly

better or worse than the sucking, stroking, or other techniques you have already read about; it is just one more great sensation. Of course, the more sensations you can mix into your blow job technique, the more he will enjoy the overall effect; so learning how to go deeper is well worth your effort (even if it is only one or two inches deeper instead of a full deep throat).

The Gag Reflex

The first step to going deeper is giving up your fears and apprehension and just trying it. Maybe you worry about gagging or, horror of horrors, involuntarily regurgitating. If you stay relaxed and don't panic, neither of these will be an issue. There is going to be some gagging when you first put something toward the back of your mouth. There is no way to avoid it. Your body's natural gag reflex is not going to go away by itself on the first try. As for regurgitation, it should not be a problem as long as you go slow and back off as soon as you feel yourself





starting to gag. And as you know from the Wetter Is Better section earlier in this book, a little gagging is actually a good thing.

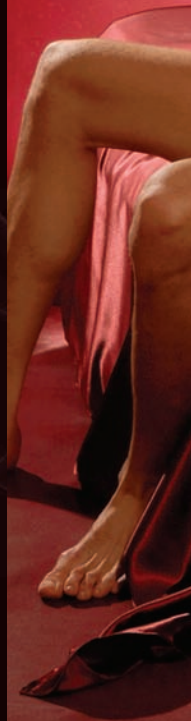
So you know you will gag, and you know it's OK to gag; but what exactly are you trying to do when you go deeper? Short answer—not gag. Going deeper isn't about his penis; it's about suppressing your gag reflex. It's a myth to think you'll gag harder on a long or thick penis than you will on a smaller one. This is not so at all. If a finger down your throat can make you gag, so will a four-inch penis.

When going deeper, get on top of him aiming down so that you can control the depth and back off quickly. This position is also helpful because it guides his penis down against your tongue instead of forcing it against the top of your mouth and triggering a gag response.

A Little Deeper

While some people, like porn stars and circus performers, learn to completely suppress their gag reflex, you don't need to go that far. Your goal is simply to reduce your gag reflex. And the only way to do that is to practice. Open your mouth wide and slowly move your head down onto your lover's penis (or your practice penis) inch by inch, until you start to feel your gag reflex wanting to trigger. At that point, don't go any deeper or you're sure to gag; instead stay at that depth (or even back off a tiny bit) and try to relax your throat until you no longer feel the impulse to gag. Then back off, take a deep breath (always through your mouth), open wide, and try it again.

The key here is to go slow, avoid jerky movements and be patient. Don't force it. Over time you will be able to go deeper and deeper without triggering the same gag response as your throat learns to stay relaxed even with something in it. You will also discover that you







A close-up photograph of a person's legs, wearing red underwear, positioned on the left side of the page. The background is a dark, textured surface with faint, light-colored circular patterns.

can go deeper with less gag reflex if you are in a position that straightens and opens the throat.

Even if you don't learn how to fully deep throat your lover's penis, having trained yourself to take an inch or two more of him into the back of your mouth / top of your throat area without gagging could make a world of difference to his overall enjoyment. In fact, if your lover isn't super well-endowed, you may be able to get his entire penis into your mouth without actually taking him deep into your throat.

All the Way

To fully deep throat your lover's penis, you will not only need to suppress your gag reflex extremely well but you will also need to master

Laying on the bed with your head over the edge is the ultimate deep throat position because it fully opens and straightens your throat so that his penis can move all the way in without causing gagging by pressing firmly against the top or back of your throat.

a second skill—rhythmic breathing. Once his penis is fully in your throat, you will not be able to breathe because the air path to your lungs will be blocked off. In fact, if you mistakenly try to breathe with your airway blocked, you will trigger your body's natural response to choking, with very unpleasant consequences. Luckily, rhythmic breathing is easier to master than suppressing your gag reflex because you've probably already had lots of practice controlling your breathing when swimming or doing yoga or such.

No one can deep throat for longer than they can hold their breath, which is why deep throat-ing is always an in-and-out motion very much like intercourse (another reason guys love it so much). To do the breathing right, you need to remember to hold your breath when he is all the way in your throat, exhale as he pulls out and inhale just before sliding him back down. And remember to always breathe deeply through your wide open mouth. That's it. With a little practice, you will have it mastered.

Don't settle for simply being able to take him deep. It's a wonderful thing, but without the tongue and suction action you're only giving him the enjoyment of making his penis disappear. Why stop there? When you get it down as far as it's going to go, flick your tongue all around the lower shaft, or roll it back and forth. It's a great sensation because it's a place that doesn't get tongue action very often, so let him not only see what you can do but, more importantly, also feel what you can do.

Because the deep throat motion is like intercourse, men sometimes want to go fast and they will try to push it in and out as if they are actually making love to your vagina instead of your mouth. If there is ever a case for gagging and projectile accidents, it is more from doing this than anything else. So it is best to keep going slow and staying in control because once you speed up sometimes men (and women) can get carried away in the heat of the moment.

Chapter 9

Finishing





The Big Question

It's the age-old question about blow jobs: Do you spit or swallow? As with all sophomoric questions about sex, it misses the real issue entirely. The important question is: do you give your man a thrilling finish or do you spoil the climax by shying away at this critical moment? Here again, it all comes back to enthusiasm.

There are many pleasurable ways to finish a blow job, so you really have no excuse for failing to bring the same passion to the finish that you have brought to every other aspect of the blow job. Choose a finish that you feel comfortable performing and then do it with enthusiasm and passion. That will give him more pleasure than a finish done half-heartedly or half-way.

You never want to break the passion right at the climactic moment, so make sure to be in a position that fits your preferred finish. If you do not like to swallow, that's fine, but don't be in a position where you can't transition to using your hands.





Swallow

All that said, if you feel comfortable swallowing, then do it. A healthy man's ejaculate has nothing in it that is bad for you, and for many men this is the ultimate fantasy finish. Some women actually prefer the swallow finish because it is the fastest, cleanest way to handle the whole situation. It's only when you try to hold it in your mouth that it can get kind of disgusting and when you spit that it gets messy and can ruin the mood.

The trick to swallowing is to keep it simple. Like eating raw oysters or doing tequila shots, you don't want to let it roll around your mouth, you want to quickly swallow it straight down. When your lover starts to come, dip your face down even deeper and it will magically work its way over the back of your tongue and down your throat. It's as simple and as easy as that. No muss, no fuss, and when you pick your head up, he'll be looking at you like you're a total rock star.

Spit

If you don't feel comfortable swallowing or it simply makes you gag no matter how hard you try, then spitting is a perfectly acceptable option; but keep in mind that spitting is a much messier affair than swallowing.

When your lover is about to come, redirect his come away from the back of your throat to keep you from gagging on it. Turn your head to the side until his penis is aimed into your cheek. This way, his ejaculate will go directly into your cheek and you should be able to hold it there.

If you can keep his penis in your mouth until he has finished his orgasm, there is very little difference in the physical pleasure he will experience between you swallowing or holding it in your cheek. Unfortunately, spitting means breaking the passion rather quickly at that point if you shuffle off to the bathroom right away to spit it out.





However, just because you are going to spit it out, doesn't mean you need to run off to the bathroom. One of the many effects porn has had on modern men (for good or bad) is the desire to see the come after an orgasm (the "money shot," as it is known). So don't be surprised if instead of wanting you to swallow it, your man finds it even more thrilling to watch you split it out where he can see it, like onto your breasts the same way the girls in porn do it.

Hand Finish

If you prefer that he doesn't finish in your mouth in any way, just let him know ahead of time. Unless he is a very inexperienced man, or more likely a younger guy, he will be able to

Even if you and your partner have a favorite position and have agreed upon how he will finish, there are always ways to spice things up so every time feels fresh and different. Just look around your house for new ideas.

warn you and take his penis out of your mouth before he comes. Of course, accidents happen, but it's fine to nicely tell him that it shouldn't happen again. "Honey, next time if you could tell me when you're going to come, I would appreciate it." That's all. It wouldn't happen again unless your lover is looking to become your ex-lover.

When you are making the transition from sucking to finishing outside your mouth with a quick hand job, it is really important not to break rhythm, and remember, it's all about the rhythm. So as your head and mouth are moving up and down and up and down, take your hand, and wrap it around the bottom of the shaft.

If you prefer to have your lover finish outside your mouth, get in a position that not only allows him to pull out easily but also provides him with a great opportunity for an exciting and visually pleasing finish the second he pulls out.



Then move your hand up and down in the same motion as your mouth and head. Pick up speed gradually and don't stop, not even for a second. When he is ready to come, just lift your head up with your hand making the same motion and not missing a beat. And, voilà, you've passed the baton with the greatest of ease.

For hand job finishes, simply redirect his penis away from your mouth and aim wherever your partner will find it most exciting to shoot. Once again, thanks to porn, most men will have developed a fetish for watching their own personal money shot on a particular part of your body, like breasts, face, or even feet. So fulfill his fantasy by stroking the shaft quickly up and down and telling him you want to see it as well. Tell him, "I want you to come all over my breasts, baby, I want to see you shoot it all over me." You can see why this type of finish can end up messy, but for many men it is the most exciting finish of all.

Some men like to finish off with your hand so you can both watch it spurting out like a volcano. Because the act of orgasm is such an intense thing, men often like to watch it come out and enjoy it even more when you're looking too and marveling at how much come he can make. So again, when he tells you he's about to come, take your mouth off it, sit up, and keep stroking him with your hand. Urge him to come for you. "I want to see it, baby, come for me, baby, and show me what you got," and the result will be an intense orgasm for your lover.

About the Author

Lainie Speiser began her career in adult entertainment shortly after getting her BA in journalism from School of Visual Arts and worked at several of the country's leading skin magazines. She is currently the publicist, columnist, and spokesperson for all of the *Penthouse* magazine titles and Friend Finder, Inc. Her books include *Naked Ambition*, *Threesomes: For Couples Who Want to Know More*, and *Hot Games*. She resides in Hoboken, New Jersey.